

## **WASH YOUR MOUTH OUT** **Tongue Tied – Part 3 of 4**

**BOTTOM LINE:** Be QUICK to listen and SLOW to speak.

*“17 So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. 18 They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. 19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed. 20 That, however, is not the way of life you learned. 21 when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.” Ephesians 4:17-24*

*“29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” Ephesians 4:29*

*“30 And do not grieve the Holy Spirit of God with whom you were sealed for the day of redemption. 31 Get rid of all bitterness...” Ephesians 4:30-31a*

**KEY OBSERVATION #1:** You can't be a BUILDER if you are BITTER.

**KEY TRUTH #1:** The solution for bitterness is FORGIVENESS.

**KEY TRUTH #2:** Forgiveness is the decision to give someone from the PAST what they DON'T deserve so that you can give to those around you now, what they DO deserve.

*“...rage and anger, brawling and slander, along with every form of malice.” Ephesians 4:31b*

### **THE KIND OF WORDS TO GET RID OF:**

- DEMEAN: You don't really MATTER.
- DEGRADE: You don't MEASURE up.
- DISRESPECT: You are not WORTHY.

*“32 Be kind and compassionate to one another, forgiving each other just as in Christ, God forgave you.” Ephesians 4: 32*

### **TWO QUESTIONS TO ASK YOURSELF:**

1. WHERE do you have work to do?
2. WHO is hoping you will get to work soon?

*“29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other just as in Christ, God forgave you.” Ephesians 4:29-32*

**HOMEWORK: ANSWER THIS QUESTION:** What was TAKEN from me that I'm trying to get OTHER people to pay back to me?